

Sweet Potato Biscuits II

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Servings: 8

2 1/2 cups all-purpose baking mix

2 tablespoons sugar

3/4 cup prepared mashed sweet potatoes

5 tablespoons buttermilk

cooking spray

Preheat the oven to 450 degrees.

In a large bowl, combine the baking mix and sugar.

In a second bowl, whisk the sweet potatoes and buttermilk. Fold the sweet potato mixture into the baking mix. Knead gently with lightly floured hands until dough forms.

Place the dough on a flat surface. Press into a 3/4-inch-thick rectangle. Cut biscuits with 2-1/2-inch round biscuit cutter.

Coat a baking sheet with cooking spray. Place the biscuits 1/4-inch apart on the prepared sheet. Repeat until all of the dough has been formed into biscuits.

Bake for 10 to 12 minutes or until golden and fluffy. Transfer to a baking rack to cool before serving.

Per Serving (excluding unknown items): 16 Calories; trace Fat (4.6% calories from fat); trace Protein; 4g Carbohydrate; 0g Dietary Fiber; trace Cholesterol; 10mg Sodium. Exchanges: 0 Non-Fat Milk; 0 Fat; 0 Other Carbohydrates.